



Green Tea Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



128 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons juice of lemon fresh
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons loose gunpowder tea green chinese (3 tea bags)
- ☐ 1.5 cups water
- ☐ 1.3 cups milk whole

Equipment

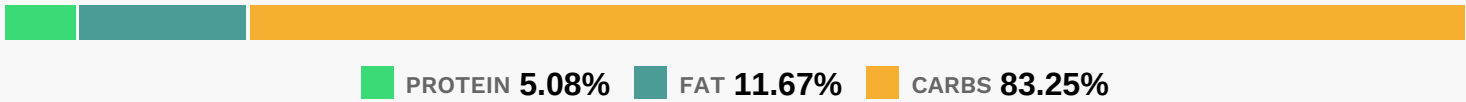
- ☐ bowl
- ☐ sauce pan

☐ sieve

Directions

- ☐ Combine water and sugar in a small saucepan; bring to a boil, stirring until sugar dissolves.
- ☐ Add tea; cover and steep 5 minutes. Strain tea mixture through a fine sieve into a bowl; discard tea leaves. Stir in lemon juice; chill completely.
- ☐ Stir in milk.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon the ice cream into a freezer-safe container; cover and freeze 2 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:18.35, Inflammation Score:-1, Nutrition Score:1.8547826101599%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Theaflavin: 0.08mg, Theaflavin: 0.08mg, Theaflavin: 0.08mg, Theaflavin: 0.08mg Thearubigins: 4.01mg, Thearubigins: 4.01mg, Thearubigins: 4.01mg, Thearubigins: 4.01mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 127.53kcal (6.38%), Fat: 1.71g (2.64%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 27.52g (9.17%), Net Carbohydrates: 27.51g (10%), Sugar: 27.48g (30.53%), Cholesterol: 6.1mg (2.03%), Sodium: 22.71mg (0.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Calcium: 64.75mg (6.47%), Phosphorus: 51.66mg

(5.17%), Vitamin B12: 0.27µg (4.57%), Vitamin B2: 0.08mg (4.48%), Vitamin D: 0.56µg (3.73%), Potassium: 82.01mg (2.34%), Vitamin B5: 0.19mg (1.95%), Vitamin B1: 0.03mg (1.95%), Magnesium: 7.04mg (1.76%), Vitamin A: 82.55IU (1.65%), Vitamin B6: 0.03mg (1.63%), Selenium: 1.12µg (1.6%), Vitamin C: 1.29mg (1.56%), Zinc: 0.22mg (1.46%)